



**Allotment Gardening In North Essex -- At Home In The Kitchen**

## **Broad Beans in Parsley Sauce**

### **Ingredients: 2 - 3 portions**

1kg. 2lb. Broad Beans (when prepared gave 200g 8oz)  
1/4litre. 1/2pt. Hot milk  
25g. 1oz. Butter  
1 studded onion ( small onion with a clove added)  
pinch Salt

### **Method:**

1. Melt butter in a saucepan
2. Add flour and mix in
3. Cook for a few minutes over a gentle heat without colour
4. Allow to cool before adding hot milk
5. Gradually add the hot milk and stir until smooth
6. Add the studded onion
7. Allow to simmer for 30min
8. Chop parsley
9. Remove onion, pass the sauce through a sieve.
10. Cook broad beans for approx 10 min.
11. Strain beans. and place in bowl
12. Add the chopped parsley to the sauce.
13. Mix the beans and sauce together in a bowl and serve.